COVID-19 Counselor Resources for Parents and Families
(Updated 29 March 2020)

Ways to Support Your Child’s Mental Health

*Upcoming Webinar opportunity:* **So Now What? Supporting SEL (Social Emotional Learning) at Home**, featuring Jennifer Miller. [Register now for the April 3 event](#) presented by CASEL Cares

**Tips:** [How do I talk to my child about CoronaVirus/COVID-19](#) and [Talking with Your Child about COVID-19 (Coronavirus): A Parent Resource](#)

**Tips:** [Social-emotional Learning Skills in An Unplanned Home School Setting](#). A great resource full of ideas for what you can do at home to help your child continue their social and emotional development.

**Children’s Book:** *Dave the Dog is Worried About Corona Virus*. A primary level story to explain the facts about the pandemic.


**Children’s book:** *The Way I Feel*, Janan Cain -Explores Feelings. A good way to talk about emotions with young children.

**Article:** [Protecting Your Mental Health During the COVID19 Pandemic](#)

**Resource:** [51 Mindfulness Activities for Children](#). Thanks to Ms. Marissa we have been infusing mindfulness techniques throughout the school, and here are some ways that you can implement some of these strategies at home to deal with anxiety and fearful behaviors.

Mindful meditations for teens by Ms. Marissa Lipovsky (MYP teacher and Mindfulness Facilitator) [Meditations](#)

**Resource:** [APPLE Method](#) for managing stress and fears.
Online Learning Resources

Making Virtual School Safer resources compiled by International Centre for Missing and Exploited Children

Common Sense Media resource for families to provide ideas for how to use media appropriately during social distancing and self-quarantining.

The Four Habits of Successful Online Learners (see chart below) from Global Online Academy

Life Hacker 101: A Primer to the Pomodoro Technique: Article to learn how to use and apply the Pomodoro study technique to improve efficiency

Checklist for Online Learners: Help your child tune in and tune out in healthy ways.

Additional Resources for Enhancing Well-being

More Resources from International School Counselor Association for parents to support the management of Feelings, Fears, and Worries About COVID-19

International Day of Happiness 30 Day Coping Calendar and other resources
UWC East Africa Counselor Contacts
Cassandra Ford (Counselor_moshi@uwcea.org)
Emmanuel Kileo (Emmanuelkileo@uwcea.org)

Websites/ Centers for Online Counseling from International School Counselor Association

- Betterhelp.com is an affordable online counseling service used by other practicing international school counselors to support families.
- Common Chord Psychology Services/Dr. Laura Anderson [www.drlsanderson.com](http://www.drlsanderson.com) or drlsanderson@gmail.com Common Chord Psychology facebook page.
- RNG International a great resource to help find services in the USA or elsewhere for students and families needing learning support, therapeutic services or boarding schools. They also offer college counseling.
- Online counseling directory: [Counseling Director in UK](http://www.drlsanderson.com)
- Expat Nest
- American Well [www.amwell.com](http://www.amwell.com) doctors, therapists and specialists
- Break Through
- *William & Associate Counseling Services [www.wacs.ca](http://www.wacs.ca)